

### **COVID-19 Checklist for Farm Workers**

## **Protecting Against COVID-19**

The best way to prevent COVID-19 is to avoid being exposed to the virus that causes the disease. The virus is thought to spread primarily:

- From person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or speaks.
- By droplets landing in the mouths or noses of people who are nearby or possibly being inhaled into the lungs.

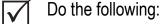
People may spread the disease even if they aren't sick, so it is important to protect yourself at all times.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that all farm workers take the following precautions.

#### GENERAL PREVENTION

Stay 6 feet from others whenever possible, including while working and in living of	quarters.
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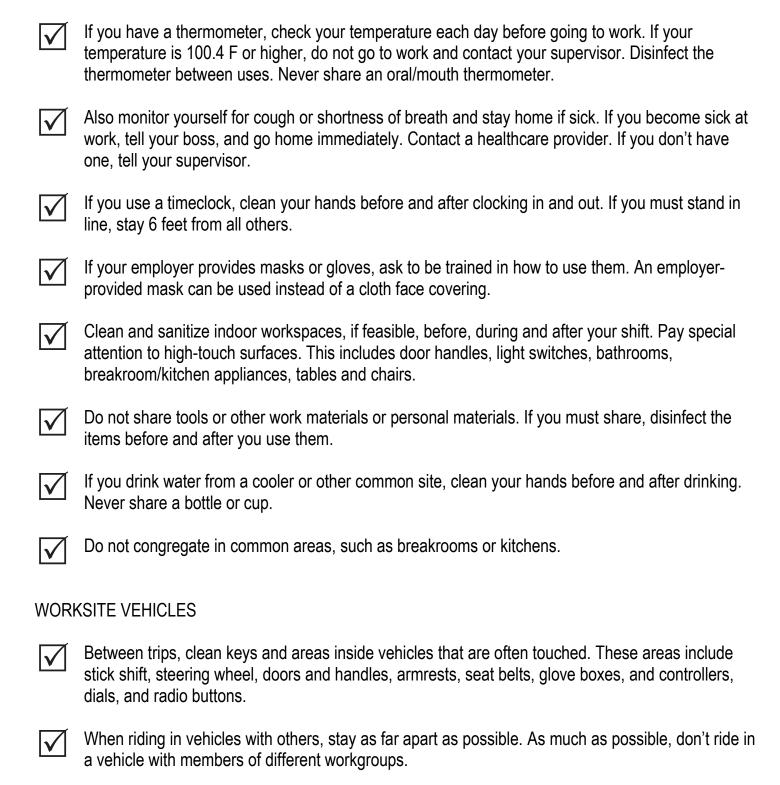
Don't touch each other, even to say hello.



- Wash hands with soap and water for at least 20 seconds multiple times daily. Hand sanitizer with at least 60% alcohol can be used if soap and water are not available.
- Don't touch your eyes, nose, or mouth with unwashed hands.
- Cover coughs/sneezes with a tissue or the inside of your elbow. Immediately place used tissues in the trash and wash hands.
- Cover your nose, mouth, and chin with a cloth face covering when around others. Wash the covering after each use.
  - Cloth face coverings should never be placed on children younger than two, anyone
    who has trouble breathing, or anyone who is unconscious, incapacitated, or
    otherwise unable to remove the mask without assistance.
- Regularly clean and disinfect frequently touched surfaces in both work and living areas. This includes doorknobs, light switches, countertops, tables, handles, desks, phones, keyboards,

toilets, faucets, and sinks. Use a household cleaner or wipe.

#### AT WORK



Everyone should use hand sanitizer before getting in the vehicle and after getting out.

 Travel with windows down, if feasible, for added ventilation.
 Disinfect fuel pump handles and touch screens with a wipe if possible or use a disposable towel or other covering when handling. Wash or sanitize hands immediately afterward.

To report complaints or apparent violations, complaints against employment services, or for job placement information, please leave a message at the Ohio Department of Job and Family Services farmworker hotline, 1-888-296-7541, and someone will call you back.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

# **CORONAVIRUS DISEASE 2019**



Protect yourself and others from COVID-19 by taking these precautions.

## **PREVENTION**

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR